

mother trouble - father friction

it's an obvious fact that some people
can be extremely bad for your health
even with the best intentions
there's nothing more unnatural
than to turn away from your family
while they're beating your psyche to death
the government won't investigate itself
when it has you to play with
parents won't give up their power
bosses don't want to hear it either
we're all watching each other
& the judgments flow like gossip
we all talk convincingly about something
the actions don't seem to follow
machines speed up
but we crawl along at the usual pace
it's been unnerving
but the rebound is sweet

mail addiction - the final obsession?

we know now
it can strike
anyone at any age
the locked room
the endless trips
to the mailbox
desk drawers in constant motion
the fights for 'time alone'

for me
it all goes back
to that cardboard ranch
from Roy Rogers
that I 'sent away' for
just a boy of 8
it seemed harmless enough
that first inner rush
when the package arrived

now I know of course
what it can do to a family
& I work my addiction
with renewed diligence